



What is claimed is:

1. A composition for preventing or treating eyestrain, comprises dry powdered extract from medicinal herbs, or a mixture of medicinal herbs, vitamins and minerals, or a mixture of medicinal herbs, vitamins, minerals and liver of sheep [Yang gan: liver of sheep; liver of [Capra hircus L. and Ovis aries L.], and Carrot root [Hu Luo Bo: Radix Dauci Sativae; Carrot root; (Daucus carota L. var. sativa DC.)].
2. The composition for preventing or treating eyestrain according to claim 1, wherein said medicinal herbs comprising 11-21 weight % of Shu di Huang: Radix Rehmanniae; Root of adhesive rehmannia; [Rehmannia glutinosa (Gaertn.) Libosch.]. 5-11 weight % of Shan zhu yu: Fructus Corni; Fruit of Asiatic cornelian cherry; (Cornus officinalis Sieb. Et Zucc.). 5-11 weight % of Shan yao: Rhizoma Dioscoreae; Rhizome of common yam; (Dioscorea opposita Thunb.). 5-11 weight % of Shi hu: Herba Dendrobii; Noble dendrobium herb; (Dendrobium nobile Lindl.). 5-11 weight % of Wu wei zi: Fructus schisandrae; Fruit of Chinese magnolia vine; [Schisandra chinensis (Turez.) Baill.]. 5-11 weight % of Ren shen: Radix Ginseng; Ginseng root; (Panax ginseng C. A. Mey.). 1-5 weight % of Nu zhen zi: Fructus Lucidi; Fruit of glossy privet; (Ligustrum lucidum Ait.). 3-7 weight % of Qing xiang zi: Semen Celosiae; Seed of feather cockscomb; (Celosia argentea L.). 3-7 weight % of Chuan xiong: zoma Chuanxiong; rhizome of chuanxiong; (Ligusticum chuanxiong Hort.). 3-7 weight % of Gou qi zi: Fructus Lycii; Fruit of barberry; (Lycium chinense Mill.). 3-7 weight % of Fu ling: Poria; Indian bread; [Poria cocos (hw.) ScWolf]. 1-5 weight % of Ju hua: Flos Chrysanthemi; Flower of florists chrysanthemum; (Chrysanthemum morifolium Raimat.). 3-7 weight % of Tu si zi: Semen Cuscutae;

Seed of Chinese dodder; (*Cuscuta chinensis* Lam.). 1-5 weight % of Mi meng hua: Flos Buddlejae; Flower of pale butterfly bush; (*Buddleia officinalis* Maxim.). 3-7 weight % of Sha yuan zi: Semen Astragali Complanati; Seed of flatstem mikvetch; (*Astragalus complanatus* R. Br.). 3-7 weight % of Jue ming zi: Semen Cassiae; Seed of sickle senna; (*Cassia tora* L.).

3. The composition for preventing or treating eyestrain according to claim 1, wherein said vitamins are those consisting of vitamin A (from Beta Carotene) 1,000 IU, vitamin D3 or D2 (as Ergocalciferol) 100 IU, vitamin C (as Ascorbic Acid) 10mg, vitamin E (as d-alpha-Tocopheryl Acetate) 8 IU, vitamin B12 (as Cyanocobalamin) 3 mcg by each capsule (Adult takes 2 capsules each time, 2 times each day. Child takes 1 capsule each time, and 2 times each day.) and a combination thereof.

4. The composition for preventing or treating eyestrain according to claim 1, wherein said minerals are members selected from the group consisting of Calcium (from Calcium Carbonate, Dicalcium Phosphate) 100mg, Iron (from Ferrous Gluconate USP/FCC) 1mg, Zinc (from Zinc Gluconate USP) by each capsule (Adult takes 2 capsules each time, 2 times each day. Child takes 1 capsule each time, and 2 times each day.) and a combination thereof.

5. The composition for preventing or treating eyestrain according to claim 1, wherein said liver of sheep is dry powdered Yang gan: liver of sheep; liver of [*Capra hircus* L. and *Ovis aries* L.] thereof.

6. The composition for preventing or treating eyestrain according to claim 1, wherein said Carrot root is ripe and mashed Hu luo bo: *Radix Dauci Sativae*; Carrot root; (*Daucus carota* L. var. *sativa* DC.).

7. The composition for preventing or treating eyestrain according to claim 1, wherein said mixture is above compositions combined in the ratio (Such as merge the HV\*, D\* and E\* in the ratio 1:3:3.).
8. A process for producing a composition for preventing or treating eyestrain, including dry powdered extract from medicinal herbs, or a mixture of medicinal herbs, vitamins, and minerals, or a mixture of medicinal herbs, vitamins, minerals and liver of sheep, and Carrot root, said process comprising the steps of preparing them.
9. The process for producing a composition for preventing or treating eyestrain according to claim 8, Further comprising the step of preparing fine powder A\* of Ginseng root [Ren shen: Radix Ginseng; Ginseng root; (Panax ginseng C. A. Mey.)], said the step including washing and cutting Ginseng root into slices, drying it in 48-60 degree centigrade, smashing dried Ginseng root slices and making it pass 100 mesh.
10. The process for producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing condensed liquid B\*, said the step including smashing other material except Ginseng root into thick powder, mixing them in the ratio, putting water to soak the mixed thick powder about 6-12 hours, decocting them and keeping slight boiling about 30-50 minutes, filtering the decocted liquid to obtain two parts: filtered liquid 1 and residue, continuing to decoct and filter residue two times as before, merging three times filtered liquid and letting it rest about 6-12 hours, taking upper limpid liquid to condense to definite concentration.

11. The process for producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing medicinal powder C\*, said the step including using apparatus of spraying drying, absorb extracted condensed liquid B\* to a spray head by passing through pipe and flow capacity meter, the condensed air of entering the spray head ( 3-6 Kg/Cm square) increase speed by using centrifugal force via eddy current apparatus from the spray head and the condensed liquid B\* be sprayed into drying room with mixing heated air current to proceed heat exchange, collecting dried fine powder from the cloth bag and collecting pail.

12. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of another preparing medicinal powder C\*, said the step including keeping to condense condensed liquid B\* to be dry, then smashing them and making them pass 100 mesh.

13. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the mixed powder HM\*, said the step including merging Ginseng root [Ren shen: Radix Ginseng; Ginseng root; (Panax ginseng C. A. Mey.)] fine powder A\* and medicinal powder C\*, mixing them well.

14. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the capsule HM\*, said the step including putting the mixed powder HM\* in capsules.

15. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the capsule HV\*, said the step including merging the mixed powder HM\* and the powder of vitamins and minerals comprising vitamin A, vitamin D3, vitamin C, vitamin E, vitamin B12, Calcium, Iron and Zinc, mixing them well, putting them in capsules.

16. The process of producing a composition for preventing or treating eyestrain according to claim 8, further comprising the step of preparing the mixture TJ\* as eye health food additive, said the step including merging the HV\*, D\* and E\*, mixing them well.

17. The process of producing a composition for preventing or treating eyestrain according to claim 16, further comprising the step of preparing the mashed Carrot root [Hu luo bo: Radix Dauci Sativae; Carrot root; (Daucus carota L. var. sativa DC.)] D\*, said the step including cleaning fresh Carrot root, and steaming it to be ripe, and then mashing it.

18. The process of producing a composition for preventing or treating eyestrain according to claim 16, further comprising the step of preparing the powder of liver of sheep [Yang gan: liver of sheep; liver of (Capra hircus L. and Ovis aries L.)] E\*, said the step including eliminating tendon of fresh liver of sheep, grinding cleaned liver of sheep, steaming it to be ripe, and drying it in 48-60 degree centigrade, smashing dried liver of sheep, letting it pass 60 mesh.